



BE AWARE OF SELF-CARE 30-DAY CHALLENGE

☐ <i>Practice mindful meditation</i>	☐ <i>Call or text someone you love</i>	☐ <i>Go for a long walk in nature</i>	☐ <i>Grab coffee or tea with a coworker</i>	☐ <i>Cook or order in your favorite meal</i>
☐ <i>Read a book</i>	☐ <i>Light your favorite candle</i>	☐ <i>Do a digital detox</i>	☐ <i>Organize or rearrange your space</i>	☐ <i>Exercise in a way that feels good for you</i>
☐ <i>Write down 5 things you're grateful for</i>	☐ <i>Watch the sunset</i>	☐ <i>Buy yourself flowers</i>	☐ <i>Listen to your favorite music</i>	☐ <i>Try a new face mask</i>
☐ <i>Journal about how you're feeling</i>	☐ <i>Go to your favorite place</i>	☐ <i>Get some sleep</i>	☐ <i>Watch your favorite show</i>	☐ <i>Turn your phone off for a bit</i>
☐ <i>Implement a morning and night routine you enjoy</i>	☐ <i>Go for a drive (no destination required)</i>	☐ <i>Try out an adult coloring book</i>	☐ <i>Unfollow people on social media who aren't serving you</i>	☐ <i>Cuddle with a pet</i>
☐ <i>Drink more water</i>	☐ <i>Do something creative</i>	☐ <i>Sit and be still for 10 minutes</i>	☐ <i>Write a letter to a loved one</i>	☐ <i>Write 5 things you love about yourself</i>

Explore 30 days of moments and activities to begin, renew, and transform your self-care journey! Feel free to print and share as we motivate each other in self-care.